



How to solve marital problems



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allāh , The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

On behalf of our AMAU Academy team, we would like
to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

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If you find any errors or corrections that need
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May Allāh make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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Glossary



جل جلاله | Jalla Jalāluhu
Allāh the Most Exalted



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam
Peace and blessings of Allāh be upon him

A Marriage Without Arguments?

Chapter One

Imam Ahmad ibn Hanbal said about his marriage:

1

أقامت معي أم صالح ثلاثين سنة فما اختلفت أنا وهي في كلمة

Um-Salih stayed with me for 30 years; we never differed in them.

Tareekh Baghdad (14/438)

This shows that it is possible to have a marriage without problems yet that is very rare; It is normal for couples to have ups and downs in marriage.

To begin with, the Shaytan wants marriages to fail.

Allāh ﷻ said in the Qur'an:

2

فَيَتَعَلَّمُونَ مِنْهُمَا مَا يُفَرِّقُونَ بِهِ بَيْنَ الْمَرْءِ وَزَوْجِهِ ۚ

وَمَا هُمْ بِضَارِّينَ بِهِ مِنْ أَحَدٍ إِلَّا بِإِذْنِ اللَّهِ

And [yet] they learn from them that by which they cause separation between a man and his wife. But they do not harm anyone through it except by permission of Allāh.

Surah Al-Baqarah: 102

Jaber ibn Abdullah (رضي الله عنه) reported that the Prophet ﷺ said:

3

إِنَّ إِبْلِيسَ يَضَعُ عَرْشَهُ عَلَى الْمَاءِ ثُمَّ يَبْعَثُ سَرَايَاهُ فَأَدْنَاهُمْ مِنْهُ مَنَزِلَهُ أَعْظَمُهُمْ فِتْنَةً يَجِيءُ أَحَدَهُمْ فَيَقُولُ فَعَلْتُ كَذَا وَكَذَا فَيَقُولُ مَا صَنَعْتَ شَيْئًا قَالَ ثُمَّ يَجِيءُ أَحَدُهُمْ فَيَقُولُ مَا تَرَكْتُهُ حَتَّى فَرَّقْتُ بَيْنَهُ وَبَيْنَ امْرَأَتِهِ - قَالَ - فَيُدْنِيهِ مِنْهُ وَيَقُولُ نِعْمَ أَنْتَ

Iblis places his throne upon the water; he then sends detachments (for creating dissension) ;the nearer to him in rank are those who are most notorious in creating dissension. One of them comes and says, "I did so and so," and Iblis says, "you have done nothing." Then one amongst them comes and says, "I did not spare so and so until I sowed the seed of discord between him and his wife." Iblis goes near him and says, "you have done well."

Sahih Muslim 2813b

Spouses need to realise the biggest winner from marital problems is the Shaytan. Hence, they need to seek Allāh ﷻ's aid in trying to reconcile between each other and defeat this enemy of theirs.

Allāh ﷻ said in the Qur'an:

4

إِنَّ الشَّيْطَانَ لَكُمْ عَدُوٌّ فَاتَّخِذُوهُ عَدُوًّا

Indeed, Satan is an enemy to you; so take him as an enemy.

Surah Fatir: 6

Moreover, It is Allāh ﷻ who makes marriages successful; He is the one who places love, mercy and tranquillity in marriages.

Allāh ﷻ said:



وَمِنْ ءَايَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً
وَرَحْمَةً ۚ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ

And of His signs is that He created for you from yourselves mates that you may find tranquility in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought.

Surah Ar-Roum: 21

Marriage and Taqwa



Chapter Two

MARRIAGE

IS BASED ON

TAQWA

Taqwa, as Talq ibn Habeeb described it, is

1

الْعَمَلُ بِطَاعَةِ اللَّهِ، عَلَى نُورٍ مِنَ اللَّهِ، رَجَاءَ ثَوَابِ اللَّهِ، وَتَرْكِ مَعَاصِي اللَّهِ، عَلَى نُورٍ
مِنَ اللَّهِ، مَخَافَةَ عَذَابِ اللَّهِ

It is to act in obedience to Allāh ﷻ, upon a light of guidance from Allāh ﷻ, hoping for Allāh ﷻ's reward. And to leave disobedience to Allāh ﷻ, upon a light of guidance from Allāh ﷻ, fearing Allāh ﷻ's punishment.

Al-Hulya (3/64)

It is Taqwah that puts Barakah in a marriage. An evidence for this is that when the Prophet ﷺ would deliver the Khutbah of Nikkah, he would recite three passages from the Qur'an:

2

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنتُمْ مُسْلِمُونَ

O you who have believed, fear Allāh as He should be feared and do not die except as Muslims.

Surah Ali 'Imran: 102

3

يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ
مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً ۚ وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ ۚ وَالْأَرْحَامَ ۚ إِنَّ اللَّهَ كَانَ
عَلَيْكُمْ رَقِيبًا

O mankind, fear your Lord, who created you from one soul and created from it its mate and dispersed from both of them many men and women. And fear Allāh ﷻ the one Whose name you ask by, and fear Allāh ﷻ with regards to your relatives. Indeed Allāh is ever over you, an Observer.

Surah An-Nisa: 1

4

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا • يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ
ذُنُوبَكُمْ ۗ وَمَنْ يُطِيعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا

O you who have believed, fear Allāh and speak words of appropriate justice. He will [then] amend for you your deeds and forgive you your Sins. And whoever obeys Allāh ﷻ and His Messenger has certainly attained a great attainment.

Surah Al-Azhab: 70-71

All of the passages start with Taqwa. This indicates the importance of Taqwah in marriage; He who fears Allāh ﷻ, Allāh ﷻ will make for him a way out of difficulties.

Allāh ﷻ said in the Qur'an:

5

وَمَنْ يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مَخْرَجًا

And whoever fears Allāh ﷻ - He will make for him a way out.

Surah At-Talaq: 2

One of the first steps one should take when trying to diagnose their marriage is to see how they stand with Allāh ﷻ in terms of their obedience/disobedience to Him. All of us make mistakes as the Prophet ﷺ said:

6

كُلُّ ابْنِ آدَمَ خَطَّاءٌ وَخَيْرُ الْخَطَّائِينَ التَّوَّابُونَ

Every son of Adam Sins, and the best of the Sinners are the repentant.

Jami` At-Tirmithi (2499)

On the same note, blessings come when you obey Allāh ﷻ. Allāh ﷻ said in the Qur'an:

7

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِنْ شَكَرْتُمْ لَأَزِيدَنَّكُمْ وَلَئِنْ كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ

And [remember] when your Lord proclaimed, 'If you are grateful, I will surely increase you [in favour]; but if you deny, indeed, My punishment is severe.

Surah Ibrahim: 7

This verse shows that gratitude to Allāh ﷻ by using the blessings He bestowed upon you to get closer to Him will cause the blessing to increase. This gratitude is shown through actions as Allāh ﷻ said:

8

أَعْمَلُوا ءَالَ دَاوُدَ شُكْرًا وَقَلِيلٌ مِّنْ عِبَادِيَ الشَّكُورُ

"Work, O family of David, in gratitude." And few of My servants are grateful.

Surah Saba':13

Marriage is a blessing and one must thank Allāh ﷻ for what He has given them; many people cannot get married whereas you are. One must look at this issue from the angles of patience and gratitude i.e showing gratitude for the many blessings of Allāh ﷻ, and being patient with some of the difficulties that might be there. This is the mindset that one should have.

Your Relationship With Allāh ﷻ

Chapter Three

When looking at marital issues, you must first look at your relationship with Allāh ﷻ.

Allāh ﷻ said in the Qur'an:

1

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اتَّقُوا اللَّهَ وَلْتَنْظُرْ نَفْسٌ مَّا قَدَّمَتْ لِغَدٍ وَاتَّقُوا اللَّهَ ۚ إِنَّ اللَّهَ خَبِيرٌ بِمَا تَعْمَلُونَ

O you who have believed, fear Allāh ﷻ. And let every soul look to what it has put forth for tomorrow - and fear Allāh ﷻ. Indeed, Allāh is Aware of what you do.

Surah Al-Hashr: 18

Looking at yourself first is justice as you are trying to fix yourself before you look at others. The other benefit of correcting one's self is as some scholars used to say:

2

مَنْ أَصْلَحَ سِرِّرَتَهُ أَصْلَحَ اللَّهُ عَلَانِيَتَهُ، وَمَنْ أَصْلَحَ مَا بَيْنَهُ وَبَيْنَ اللَّهِ كَفَاهُ اللَّهُ مَا بَيْنَهُ وَبَيْنَ النَّاسِ، وَمَنْ اهْتَمَّ بِأَمْرِ آخِرَتِهِ كَفَاهُ اللَّهُ أَمْرَ دُنْيَاهُ

Whoever corrects their inner self, Allāh ﷻ will correct their outer self. And whoever corrects what's between them and Allāh ﷻ, Allāh ﷻ will correct what's between them and the people. And whoever acts for their Hereafter, Allāh ﷻ will take care of their worldly life.

Kitab Al-Ikhlāṣ Wa An-Niyyah (54)

To fix your marriage, you must first fix what is between you and Allāh ﷻ.

Side benefit: You can look at the Hadith of 'Aisha رضي الله عنها regarding the 11 women who spoke about their husbands; you can look at it from the perspective of the husbands or the wives. This Hadith covers what husbands are good at and what they are not good at.

Another point one must focus on is to take marriage seriously. Allāh ﷻ described marriage as a weighty covenant in the Qur'an:

3

وَكَيْفَ تَأْخُذُونَهُ وَقَدْ أَفْضَىٰ بَعْضُكُم إِلَىٰ بَعْضٍ وَأَخَذْنَ مِنْكُمْ مِّيثَاقًا غَلِيظًا

And how can you take it [the bridal gift] while you have gone in unto each other and they have taken from you a solemn covenant?

Surah An-Nisa: 21

Marriage is a serious Amanah.

The Prophet ﷺ said:



أَحَقُّ الشُّرُوطِ أَنْ تُوفُوا بِهِ مَا اسْتَحَلَّتُمْ بِهِ الْفُرُوجَ

The most deserving conditions to be fulfilled are those which make the private parts permissible i.e. marriage.

Sahih Al-Bukhari (2721)

Even though divorce is permissible in Islam and at times can be the best option, one must not undermine the seriousness of the institution of marriage.

Misusing Islam

Chapter Four

Do not use Islam as a stick to beat your spouse with.

The Prophet ﷺ said:

1

مَنْ تَعَلَّمَ الْعِلْمَ لِيُبَاهِيَ بِهِ الْعُلَمَاءَ وَيُمَارِيَ بِهِ السُّفَهَاءَ وَيَصْرِفَ بِهِ وُجُوهَ النَّاسِ إِلَيْهِ
أَدْخَلَهُ اللَّهُ جَهَنَّمَ

Whoever seeks knowledge in order to show off before the scholars, or to argue with the foolish, or to attract people's attention, Allāh ﷻ will admit him to the Hellfire.

Sunan ibn Majah (260)

Sometimes one learns elements of marriage in Islam and then tries to use it to argue against their spouse; they don't learn it for Allāh ﷻ's sake but rather to argue.

Another important point is that one must know their spouse; what makes them upset and what makes them happy. The Prophet ﷺ said to 'Aisha رضي الله عنها:

2

" إِنِّي لَأَعْلَمُ إِذَا كُنْتُ عَنِّي رَاضِيَةً، وَإِذَا كُنْتُ عَلَى غَضَبِي ". قَالَتْ فَقُلْتُ مِنْ أَيْنَ
تَعْرِفُ ذَلِكَ فَقَالَ " أَمَّا إِذَا كُنْتُ عَنِّي رَاضِيَةً فَإِنَّكَ تَقُولِينَ لَا وَرَبِّ مُحَمَّدٍ، وَإِذَا كُنْتُ
غَضَبِي قُلْتُ لَا وَرَبِّ إِبْرَاهِيمَ ". قَالَتْ قُلْتُ أَجَلٌ وَاللَّهِ يَا رَسُولَ اللَّهِ، مَا أَهْجُرُ إِلَّا
اسْمَكَ

"I know when you are pleased with me or angry with me." I said, "how do you know that?" He said, "when you are pleased with me, you say, 'No, by the Lord of Muhammad,' but when you are angry with me you say, 'No, by the Lord of Abraham.' " Thereupon I said, "Yes (you are right), but by Allāh ﷻ, O Allāh ﷻ's Messenger (ﷺ), I leave nothing but your name."

Sahih Al-Bukhari (5228)

It was also narrated from the Sahaba رضي الله عنهم that when the Prophet ﷺ got angry, they were able to tell from his face:

3

فَإِذَا رَأَى شَيْئًا يَكْرَهُهُ عَرَفْنَاهُ فِي وَجْهِهِ

if he ﷺ saw a thing which he disliked, we would recognize that (feeling) in his face.

Sahih Al-Bukhari (6102)

So the couple must try to spot issues early and try to reconcile; this can be done if one can spot that their spouse is unhappy from their facial expressions or actions. Sometimes one finds out that it is an insignificant thing that is causing issues e.g. leaving laundry on the floor.

Look for the Good in Your Spouse

Chapter Five

People should learn to see the good in their spouses; don't get to the stage where you hate each other.

The Prophet ﷺ said:

1

" لَا يَفْرَكُ مُؤْمِنٌ مُؤْمِنَةً إِنْ كَرِهَ مِنْهَا خُلُقًا رَضِيَ مِنْهَا آخَرَ " . أَوْ قَالَ " غَيْرُهُ "

A believing man should not hate a believing woman; if he dislikes one of her characteristics, he will be pleased with another.

Sahih Muslim (1468b)

Moreover, one should be considerate when setting expectations for their spouses; forgive and overlook their shortcomings.

Allāh ﷻ said in the Qur'an:

2

وَلْيَغْفُوا وَلْيَصْفَحُوا ۗ أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ ۗ وَاللَّهُ غَفُورٌ رَحِيمٌ

And let them pardon and overlook. Would you not like that Allāh ﷻ should forgive you? And Allāh ﷻ is Forgiving and Merciful.

Surah An-Nur: 22

3

وَالَّذِينَ يَجْتَنِبُونَ كَبِيرَ الْإِثْمِ وَالْفَوَحِشِ وَإِذَا مَا غَضِبُوا هُمْ يَغْفِرُونَ

And those who avoid the major Sins and immoralities, and when they are angry, they forgive.

Surah Ash-Shura: 37

Abu Huraira رضي الله عنه narrated that the Prophet ﷺ said:

4

إِنَّ الْمَرْأَةَ خُلِقَتْ مِنْ ضَلَعٍ لَنْ تَسْتَقِيمَ لَكَ عَلَى طَرِيقَةٍ، فَإِنْ اسْتَمْتَعْتَ بِهَا اسْتَمْتَعْتَ بِهَا وَبِهَا عَوَجٌ، وَإِنْ ذَهَبَتْ تُقِيمُهَا، كَسَرْتَهَا وَكَسَرُهَا طَلَاقُهَا

Woman has been created from a rib and will in no way be straightened for you; so if you wish to benefit by her, benefit by her while crookedness remains in her. And if you attempt to straighten her, you will break her, and breaking her is divorcing her.

Sahih Muslim (1467b)

The same applies to men where women should not expect their husbands to be perfect all the time.

Moving on, one should either say something good or remain silent. The Prophet ﷺ said:

5

مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ فَلْيَقُلْ خَيْرًا أَوْ لِيَصْمُتْ

He who believes in Allāh ﷻ and the Last Day should either utter good words or remain silent.

Sahih Muslim (47a)

Along the same lines, one should compliment their spouse when they do something good and even when they don't.

Allāh ﷻ said in the Qur'an:

6

وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ ۚ فَإِنْ كَرِهْتُمُوهُنَّ فَعَسَىٰ أَنْ تَكْرَهُوا شَيْئًا وَيَجْعَلَ اللَّهُ فِيهِ خَيْرًا كَثِيرًا

And live with them in kindness. For if you dislike them - perhaps you dislike a thing and Allāh ﷻ makes therein much good.

Surah An-Nisa': 19

The Prophet ﷺ said:

7

لَيْسَ الْكَذَّابُ الَّذِي يُصْلِحُ بَيْنَ النَّاسِ، فَيَنْمِي خَيْرًا، أَوْ يَقُولُ خَيْرًا

He who makes peace between the people by inventing good information or saying good things, is not a liar.

Sahih Al-Bukhari (2692)

8

لَا يَحِلُّ الْكَذِبُ إِلَّا فِي ثَلَاثٍ كَذِبُ الرَّجُلِ امْرَأَتَهُ لِيَرْضِيَهَا وَالْكَذِبُ فِي الْحَرْبِ وَالْكَذِبُ لِيُصْلِحَ بَيْنَ النَّاسِ

Lying is not permissible except in three situations: a man speaks to his wife to make her happy, lying in war, and lying to bring about peace between people.

Jami` At-Tirmithi (1939)

Following “وَعَاشِرُوهُنَّ بِالْمَعْرُوفِ” one must compliment their spouse and be kind to them; it does not hurt to say something nice to them. Even if you don't feel that which you are telling them, Islam has allowed this in this case as showcased in the aforementioned Ahadith.

Think About Your Spouse

Chapter Six

One should think about what's best for their spouse as well not just themselves.

The Prophet ﷺ said:

1 لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ
None of you will have complete faith till he wishes for his (Muslim) brother what he likes for himself.

Sahih Al-Bukhari (13)

A sign of true Iman is that even when things aren't going well with your spouse, you still want what's good for them.

One must also focus on what matters; this can be big or small wins. The Prophet ﷺ said:

2 اخْرِصْ عَلَى مَا يَنْفَعُكَ وَاسْتَعِذْ بِاللَّهِ وَلَا تَعْجِزْ
Be keen for what benefits you and seek help from Allāh ﷻ and do not lose heart.

Sahih Muslim (2664)

This Hadith shows that one should focus on what will benefit them even if it seems unattainable in the beginning i.e. the big wins. They should step forward and seek help from Allāh ﷻ in their pursuit. It was also narrated from the Prophet ﷺ that he said:

3 لَا تَحْقِرَنَّ مِنَ الْمَعْرُوفِ شَيْئًا وَلَوْ أَنْ تَلْقَى أَخَاكَ بِوَجْهِ طَلْقٍ
Do not belittle any good deed even if it is that you meet your brother with a cheerful face.

Sahih Muslim (2626)

This Hadith focuses on the small quick wins. This can include compliments as well as other acts that might seem small and insignificant.

Moving on, when it comes to problems, one should be specific about what the problem really is. On this topic, one must understand what Mujamala is. Mujamala is when one glosses over things and everything seems to be fine. The ruling of Mujamala can be permissible or recommended if it leads to a benefit recognised by Islam. However, It can also be impermissible if it leads to the loss of rights or falsehood being approved. Some marriages are destroyed due to Mujamala because the person never says what's wrong. For example, a wife might say, "my husband doesn't love me," but there is nothing specific to focus on; the wife must give the husband something tangible that he can work on e.g. spending more time with her.

Never Say Never

Chapter Seven

The Prophet ﷺ said:

1 "أُرِيتُ النَّارَ فَإِذَا أَكْثَرُ أَهْلِهَا النِّسَاءُ يَكْفُرْنَ". قِيلَ أَيَكْفُرْنَ بِاللَّهِ قَالَ "يَكْفُرْنَ الْعَشِيرَ، وَيَكْفُرْنَ الْإِحْسَانَ، لَوْ أَحْسَنْتَ إِلَى إِحْدَاهُنَّ الدَّهْرَ ثُمَّ رَأَتْ مِنْكَ شَيْئًا قَالَتْ مَا رَأَيْتُ مِنْكَ خَيْرًا قَطُّ"

I was shown the Hellfire and the majority of its dwellers were women who were ungrateful." It was asked, "do they disbelieve in Allāh ﷻ?" (or are they ungrateful to Allāh ﷻ?) He replied, "they are ungrateful to their husbands and are ungrateful for the favors and the good (charitable deeds) done to them. If you have always been good to one of them and then she sees something in you (not of her liking), she will say, 'I have never received any good from you.'"

Sahih Al-Bukhari (29)

This Hadith shows that it is very important that spouses never engage in these sweeping generalisations e.g. you've never helped me.

Similarly, the couple must not discuss their problems when they are angry. The Prophet ﷺ came to two men who were arguing and one of them became angry and his face became red. When this happened, the Prophet ﷺ said:

2 **إِنِّي لَأَعْلَمُ كَلِمَةً لَوْ قَالَهَا لَذَهَبَ ذَا عَنْهُ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ**
I know of a wording; if he were to utter that, he would get out (of the fit of anger) (and the wording is): I seek refuge with Allāh ﷻ from Satan, the accursed.

Sahih Muslim (2610b)

The Prophet ﷺ said:

3 **إِذَا غَضِبَ أَحَدُكُمْ فَلْيَسْكُتْ**
If one of you gets angry, remain silent.

Musnad Ahmad (2136)

Abu Tharr also narrated that the Prophet ﷺ said:

4 **إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ فَإِنْ ذَهَبَ عَنْهُ الْغَضَبُ وَإِلَّا فَلْيَضْطَجِعْ**
When one of you becomes angry while standing, he should sit down. If the anger leaves him, well and good; otherwise he should lie down.

Sunan Abi Dawud (4782)

The Prophet ﷺ also said:

5 **لَيْسَ الشَّدِيدُ بِالْصَّرَعَةِ، إِنَّمَا الشَّدِيدُ الَّذِي يَمْلِكُ نَفْسَهُ عِنْدَ الْغَضَبِ**
The strong is not the one who overcomes the people by his strength, but the strong is the one who controls himself while in anger.

Sahih Al-Bukhari (6114)

All of these Ahadith show that the couple should not discuss things when they are angry as it only adds fuel to the fire. Rather, the best thing for a couple to do is to discuss things when they are calm and composed.

Raise Your Concerns With Wisdom

Chapter Eight

When couples come to discuss things with each other, they must do so with wisdom. Wisdom (Hikmah) is to know when to speak and when to remain silent.

Allāh ﷻ said in the Qur'an:

1 **يُؤْتِي الْحِكْمَةَ مَنْ يَشَاءُ ۚ وَمَنْ يُؤْتَ الْحِكْمَةَ فَقَدْ أُوتِيَ خَيْرًا كَثِيرًا ۚ وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ**
He gives wisdom to whom He wills, and whoever has been given wisdom has certainly been given much good. And none will remember except those of understanding.

Surah Al-Baqarah: 269

Allāh ﷻ also mentioned that wisdom is a fundamental characteristic of the Prophets عليهم السلام:

2 **ادْعُ إِلَى سَبِيلِ رَبِّكَ بِالْحُكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ ۚ وَجَادِلْهُمْ بِالَّتِي هِيَ أَحْسَنُ**
Invite to the way of your Lord with wisdom and good instruction, and argue with them in a way that is best.

Surah An-Nahl: 125

For example, it is not wise to start a discussion by insulting the in-laws or spouse even if what you're saying is true. Similarly, one must respond to their spouse in the best of manners even when arguing.

Allāh ﷻ said in the Qur'an:

3 **وَلَا تَسْتَوِ الْحَسَنَةُ وَلَا السَّيِّئَةُ ۚ ادْفَعْ بِالَّتِي هِيَ أَحْسَنُ فَإِذَا الَّذِي بَيْنَكَ وَبَيْنَهُ عَدَاوَةٌ كَأَنَّهُ وَلِيٌّ حَمِيمٌ ۚ وَمَا يُلْقَاهَا إِلَّا الَّذِينَ صَبَرُوا وَمَا يُلْقَاهَا إِلَّا ذُو حَظٍّ عَظِيمٍ ۚ وَإِنَّمَا يَنزَغَنَّكَ مِنَ الشَّيْطَانِ نَزْغٌ فَاسْتَعِذْ بِاللَّهِ ۚ إِنَّهُ هُوَ السَّمِيعُ الْعَلِيمُ**
And not equal are the good deed and the bad. Repel [evil] by that [deed] which is better; and thereupon, the one whom between you and him is enmity [will become] as though he was a devoted friend. But none is granted it except those who are patient, and none is granted it except one having a great portion [of good]. And if there comes to you from Satan an evil suggestion, then seek refuge in Allāh. Indeed, He is the Hearing, the Knowing.

Surah Fussilat: 34-36

Along the same lines, the couple should not tell others about their problems.

Allāh ﷻ said:

4 **وَأَهْجُرُوهُنَّ فِي الْمَضَاجِعِ**
forsake them in bed

Surah An-Nisa': 34

Scholars pointed out that Allāh ﷻ mentioned the bed only (not the house or city) which shows how the couple's arguments shouldn't spread through the house. However, if one needs external help, they should limit the information to the person helping out without it spreading it out.

Progress in Stages



Chapter Nine

Don't go from zero to a hundred; move through the process in stages.

Allāh ﷻ said:

1 وَالَّتِي تَخَافُونَ نُشُوزَهُنَّ فَعِظُوهُنَّ وَأَهْجُرُوهُنَّ فِي الْمَضَاجِعِ وَاصْرِبُوهُنَّ ۚ فَإِنْ أَطَعْنَكُمْ فَلَا تَبْغُوا عَلَيْهِنَّ سَبِيلًا ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا كَبِيرًا • وَإِنْ خِفْتُمْ شِقَاقَ بَيْنِهِمَا فَأَبْعَثُوا حَكَمًا مِّنْ أَهْلِهِ ۚ وَحَكَمًا مِّنْ أَهْلِهَا ۚ إِن يُرِيدَا إِصْلَاحًا يُوَفِّقِ اللَّهُ بَيْنَهُمَا ۚ إِنَّ اللَّهَ كَانَ عَلِيمًا خَبِيرًا

But those [wives] from whom you fear arrogance - [first] advise them; [then if they persist], forsake them in bed; and [finally], strike them [lightly]. But if they obey you [once more], seek no means against them. Indeed, Allāh is ever Exalted and Grand. And if you fear dissension between the two, send an arbitrator from his people and an arbitrator from her people. If they both desire reconciliation, Allāh will cause it between them. Indeed, Allāh is ever Knowing and Aware.

Surah An-Nisa': 34-35

In the Ayah, Allāh ﷻ said the first thing the husband should do is admonish the wife. Allāh ﷻ did not mention for how long so as long as reconciliation can be achieved by talking, the husband should stick with talking. If talking does not work the next step is to abandon her in bed. The last step mentioned is to beat her a beating that does not leave a mark; it is mentioned that this is done using fingers or a Siwak. Even then, the Prophet ﷺ said that the people who engage in this are

2 لَيْسَ أَوْلَىٰكَ بِخِيَارِكُمْ
not the best from amongst you

Sunan Abi Dawud (2146)

After that Allāh ﷻ mentioned that they should send an arbitrator from each party to try to resolve the issue. This shows how the couple should take gradual steps instead of going to the divorce court straight away; take it slowly.

The Prophet ﷺ said رضي الله عنه Ashajj:

3 إِنَّ فِيكَ خَصْلَتَيْنِ يُحِبُّهُمَا اللَّهُ الْحِلْمُ وَالْأَنَاءُ
You possess two qualities which are liked by Allāh ﷻ: forbearance and taking things slowly.

Sahih Muslim (25)

Moreover, when it comes to marital issues, there is not one person to blame. Even if one spouse is behind most issues, the other spouse isn't perfect.

The Prophet ﷺ said:

4 كُلُّ ابْنِ آدَمَ خَطَّاءٌ وَخَيْرُ الْخَطَّائِينَ التَّوَّابُونَ
Every son of Adam Sins, and the best of the Sinners are the repentant.

Jami` At-Tirmithi (2499)

Finally, don't bring up the past, but do understand why the past is brought up; If an issue has been resolved, don't bring it up for the sake of revenge.

Allāh ﷻ said in the Qur'an:

5

فَمَنْ تَابَ مِنْ بَعْدِ ظُلْمِهِ وَأَصْلَحَ فَإِنَّ اللَّهَ يَتُوبُ عَلَيْهِ إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ

But whoever repents after his wrongdoing and reforms, indeed, Allāh will turn to him in forgiveness. Indeed, Allāh is Forgiving and Merciful.

Surah Al-Ma'idah: 39

However, when the past is rightfully brought up, it's because the person hasn't rectified their ways.

Treat Your Spouse as You Like to Be Treated

Chapter Ten

There is a principle that says that ‘recompense is of the same type of the action you do’; Allāh ﷻ will reward you with good or bad depending on your actions.

Allāh ﷻ said in the Qur'an:

1 وَجَزَاءُ سَيِّئَةٍ سَيِّئَةٌ مِّثْلُهَا

And the retribution for an Evil act is an Evil one like it.

Surah Ash-Shuraa: 40

The Prophet ﷺ said:

2 لَا يُؤْمِنُ أَحَدُكُمْ حَتَّى يُحِبَّ لِأَخِيهِ مَا يُحِبُّ لِنَفْسِهِ

None of you will have complete faith till he wishes for his (Muslim) brother what he likes for himself.

Sahih Al-Bukhari (13)

So it is important for you to treat you spouse as you would like to be treated; if you treat them good you will receive good and the opposite is true as well.

Finally, if all the steps to fix the marriage fail and the only option left is to break the marriage, then it is very important to end it on good terms.

Allāh ﷻ said in the Qur'an:

3 وَإِذَا طَلَّقْتُمُ النِّسَاءَ فَبَلَغْنَ أَجَلَهُنَّ فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ سَرِّحُوهُنَّ بِمَعْرُوفٍ ۚ وَلَا تُمْسِكُوهُنَّ ضِرَارًا لِّتَعْتَدُوا ۚ وَمَنْ يَفْعَلْ ذَلِكَ فَقَدْ ظَلَمَ نَفْسَهُ ۚ وَلَا تَتَّخِذُوا آيَاتِ اللَّهِ هُزُوًا ۚ وَادْكُرُوا اللَّهَ عَلَيْهِمْ وَمَا أَنْزَلَ عَلَيْكُمْ مِّنَ الْكِتَابِ وَالْحِكْمَةِ يَعِظُكُمْ بِهِ ۚ وَاتَّقُوا اللَّهَ ۚ وَاللَّهُ عَلِيمٌ وَأَعْلَمُ ۚ إِنَّ اللَّهَ بِكُلِّ شَيْءٍ عَلِيمٌ

And when you divorce women and they have [nearly] fulfilled their term, either retain them according to acceptable terms or release them according to acceptable terms, and do not keep them, intending harm, to transgress [against them]. And whoever does that has certainly wronged himself. And do not take the verses of Allāh ﷻ in jest. And remember the favor of Allāh ﷻ upon you and what has been revealed to you of the Book [i.e., the Qur'an] and wisdom [i.e., the Prophet's Sunnah] by which He instructs you. And fear Allāh ﷻ and know that Allāh ﷻ is Knowing of all things.

Surah Al-Baqarah: 231

Breaking up in a bitter way hurts everyone, from the couple themselves to their families and children.



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